SUMMER SORBETS

NOTHING HITS THE SPOT LIKE THE HOMEMADE SORBETS!

GRACE BERRY

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BY: GRACE BERRY

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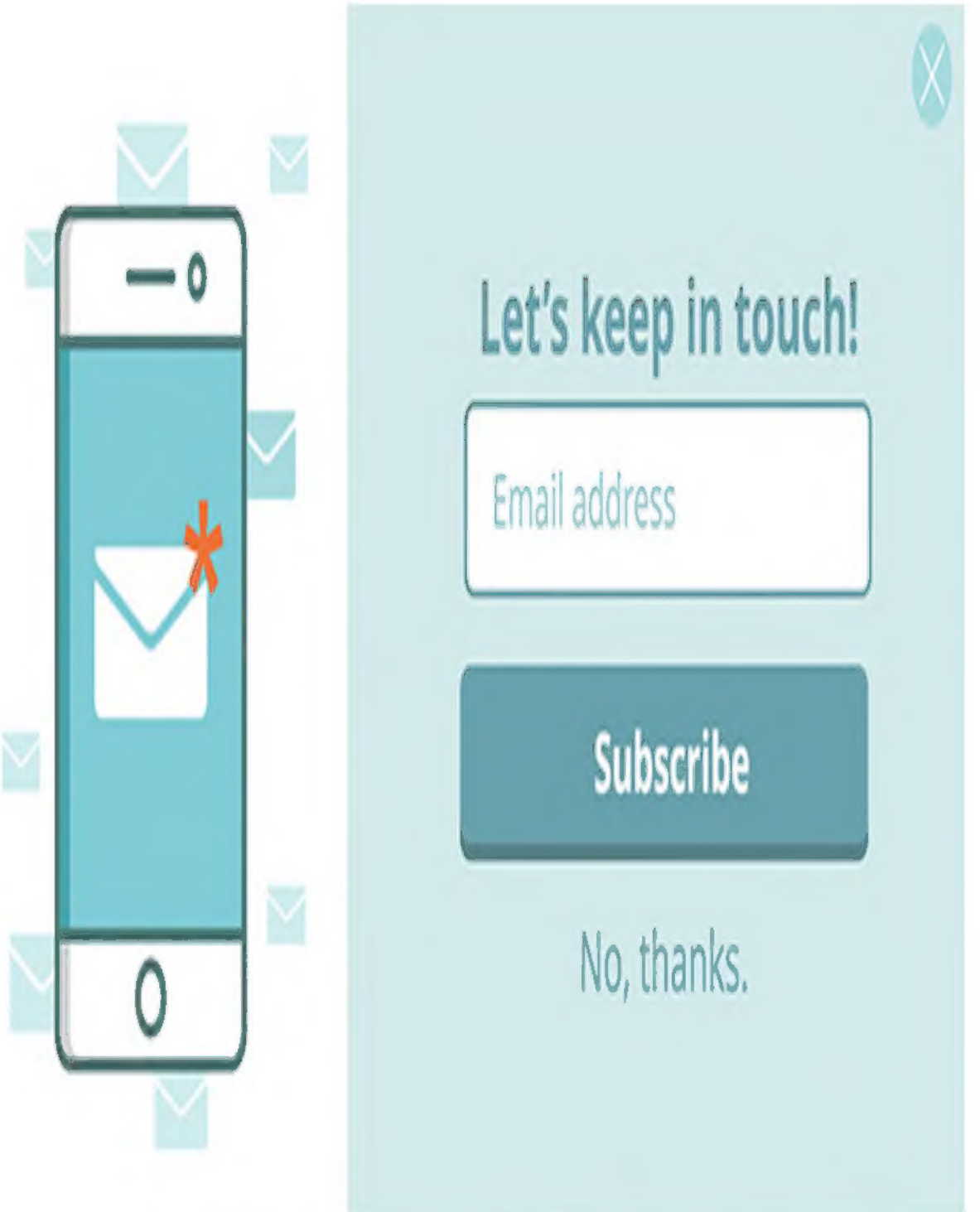

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Introduction

Sorbets offer a delicious, light, and smooth. Consistency, they're cold and packed with flavor. Depending on the fruits you use, like strawberries, they can have a bit of a grainy texture, which makes them even more fun! Enjoy a delicious Mango Sorbet or a boozy Pine-Rum Sorbet or a unique Hibiscus Ginger Sorbet.

For these recipes, I have included a bonus Sugar Syrup recipe just to give you that extra sweetness if your fruits aren't that sweet... it's totally optional, though. So, let's grab the fruits and go!

Simple Syrup

This simple syrup can be used to sweeten your sorbets if you love your sorbets sweet or if your fruits are not sweet enough. You just need sugar, water, and the right technique. You can also replace this syrup with honey in the recipes, or not use them at all.

Ingredients:

- 1 cup of white sugar
- 1 cup of cold water
- Glass bottle

Instructions:

1. Combine sugar and water in a small saucepan over a low heat.

2. Stir until the sugar is dissolved then bring to a boil.

3. After 5 - 10 minutes, remove the mixture from the stove, transfer to a glass bottle and let it cool.

Strawberry Lemon Sorbet

This Strawberry Lemon sorbet is the perfect blend of a sour punch of lemon juice and the sweet, slightly tangy taste of strawberries.

Ingredients:

- 3 cups of frozen strawberries
- 3 tablespoons lemon juice
- ¼ cup of sugar syrup (optional)

Instructions:

1. In a heavy-duty blender or food processor, add strawberries, lemon juice and sugar syrup.

2. Blend ingredients until smooth.

3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.

4. Use an ice cream scoop to scoop when ready to serve.

Raspberry Mango Sorbet

This sorbet is a wonderful blend of raspberries and mangoes that will definitely satisfy your sweet tooth. I added a bit of lime juice and lime zest to kick the flavor up a notch.

Ingredients:

- 1 cup frozen raspberries
- 2 cups frozen mango chunks
- 1 teaspoon lime zest
- 2 tablespoons fresh lime juice
- ¼ cup simple syrup

Instructions:

1. In a heavy duty blender or food processor, add raspberries, mangoes, lime juice and sugar syrup.

2. Blend ingredients until smooth.

3. Pour the blended mixture into a freezer safe container, sprinkle lime zest on top and freeze for about 3 - 4 hours, until firm.

4. Use an ice cream scoop to scoop when ready to serve.

Gin & Lemon Sorbet

What's summer without lemons? I'd definitely recommend using the sugar syrup in this recipe to balance out the sour of the lemons. Plus, we add a bit of Gin, which makes this even more fun!

Ingredients:

- ½ cup of fresh lemon juice
- 1 cup of water
- ¼ cup of gin
- ½ cup of sugar syrup
- 1 cup of ice
- Mint to garnish, optional

Instructions:

1. In a heavy-duty blender or food processor, add lemon juice, water. Gin, ice and sugar syrup.

2. Blend ingredients until smooth.

3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.

4. Use an ice cream scoop to scoop when ready to serve.

Peach Amaretto Sorbet

This cold treat is the perfect end to a summer dinner. Not only is it very easy to make, but it also has the delicious flavor of Amaretto liqueur and sweet peaches.

Ingredients:

- 3 cups of frozen peach slices
- 2 ounces of Amaretto liqueur
- 2 teaspoons vanilla extract
- ¼ cup sugar syrup

Instructions:

1. In a heavy-duty blender or food processor, add frozen peaches, vanilla, Amaretto and sugar syrup.
2. Blend ingredients until smooth.
3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.
4. Use an ice cream scoop to scoop when ready to serve.

Pineapple Peach Sorbet

For this sweet Pineapple Peach Sorbet recipe, I'd ditch the sugar syrup and add honey instead, it really brings out the flavor of the fruits.

Ingredients:

- 2 ½ cups of frozen peach slices
- 2 ½ cups of frozen pineapple chunks
- 2 teaspoons lemon juice
- ¼ cup of honey

Instructions:

1. Combine peach slices, pineapple chunks, honey and lemon juice in a blender or food processor.

2. Blend ingredients until smooth and pour into a freezer safe container and freeze for about 3 - 4 hours.

3. Scoop with an ice cream scoop when ready to serve.

Watermelon Sorbet

This Watermelon Sorbet is a triple hit of refreshing. I have combined watermelon, lime juice, and mint!

Ingredients:

- 3 cups of frozen watermelons chunks, seedless
- ¼ cup lime juice
- ¼ cup mint leaves, finely chopped
- ½ cup of sugar syrup

Instructions:

1. Combine watermelons, lime juice, mint leaves and sugar syrup in a heavy-duty blender or food processor.

2. Blend ingredients until smooth and pour into a freezer safe container.

3. Freeze for about 3 - 4 hours and serve by scooping with ice cream scoop.

Mango Passion Sorbet

Grab some fresh mangoes this summer, freeze them yourself and enjoy this delicious Mango Sorbet with a splash of passion fruit juice.

Ingredients:

- 3 cups of frozen mango chunks
- 1 cup passion fruit juice
- ¼ cup sugar syrup

Instructions:

1. Combine all of the ingredients in a blender or food processor and blend them until smooth.

2. Next, pour into a freezer safe container and freeze for about 3 - 4 hours before serving.

Hibiscus Ginger Sorbet

This floral sorbet can be enjoyed at any time of the year. All you need is dried hibiscus flowers and ginger. For this recipe, you need to use an ice cream machine.

Ingredients:

- 1 cup dried hibiscus flowers
- 3 cups of water
- 1 cup sugar
- 2 tablespoon fresh ginger, thinly sliced

Instructions:

1. In a medium saucepan over medium heat, bring water to a boil.

2. Add the dried hibiscus flowers to the water and steep for 2 minutes.

3. Turn off the heat and add sugar and ginger, mix until sugar is dissolved.

4. Refrigerate mixture until completely cooled.

5. Add mixture to your ice cream maker based on the manufacturer's instructions.

Pineapple Rum Sorbet

This light pineapple sorbet is flavored with light rum and fresh lime juice.

Ingredients:

- 3 cups frozen pineapple chunks
- 1 cup ice
- ¼ cup light rum of your choice
- ¼ cup fresh lime juice
- ¼ cup sugar syrup

Instructions:

1. Combine all of the ingredients in a heavy duty blender or food processor.

2. Blend until smooth.

3. You can enjoy the sorbet immediately or you can pour it into a freezer safe container and freeze for about 3 - 4 hours until ready to serve.

Pina Colada Sorbet

This delicious creamy Pina Colada Sorbet is a perfect mixture of pineapple and coconut. You'll feel like you're on a tropical island vacation once you take a bite.

Ingredients:

- 4 cups frozen pineapple chunks
- 1 cup cold unsweetened coconut water
- 1 cup cold coconut cream
- ¼ cup sweetened coconut flakes
- ¼ cup sugar syrup

Instructions:

1. Combine pineapple chunks, coconut water, coconut rum and sugar syrup in a blender or food processor and blend them until smooth.

2. Next, pour the mixture into a freezer safe container, sprinkle the coconut flakes on top.

3. Freeze for about 3 - 4 hours, until firm and serve.

Peach Raspberry Sorbet

There is nothing like enjoying juicy summer peaches and sweet raspberries in frozen form on a hot summer day.

Ingredients:

- 2 cups frozen peach slices
- 2 cups frozen raspberries
- 2 tablespoons of lemon juice
- ¼ cup of sugar syrup

Instructions:

1. Combine all of the ingredients in a blender or food processor.

2. Blend until smooth.

3. You can enjoy immediately or pour into a freezer safe container and freeze for about 3 - 4 hours before serving.

Triple Berry Sorbet

This sorbet is perfect for the berry lovers, you can use your favorite three berries or just what is available to you. For this recipe, I used blueberries, strawberries, and blackberries.

Ingredients:

- 2 cups strawberries
- 1 cup blueberries
- 1 cup blackberries
- ¼ cup lemon juice
- ¼ cup of sugar syrup

Instructions:

1. Combine all of the ingredients in a blender or food processor and blend until smooth.

2. Enjoy immediately or pour into a freezer safe container and freeze for 3 - 4 hours until ready to serve.

Strawberry and Cream Sorbet

This sorbet is a healthier version for those who like ice cream. This is light yet creamy and simply perfect.

Ingredients:

- 4 cups strawberries
- 1 cup dairy free condensed milk

Instructions:

1. In a heavy-duty blender or food processor, add strawberries and condensed milk.
2. Blend ingredients until smooth.
3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.
4. Use an ice cream scoop to scoop when ready to serve.

Blueberry Sorbet

This 3-ingredient sorbet is a delightful blend of sweet blueberries and tangy lime juice.

Ingredients:

- 4 cups of frozen blueberries
- 2 tablespoons of lime juice
- ¼ cup sugar syrup

Instructions:

1. In a heavy-duty blender or food processor, add strawberries and condensed milk.
2. Blend ingredients until smooth.
3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.
4. Use an ice cream scoop to scoop when ready to serve.

Cantaloupe Mint Sorbet

Enjoy this cool, refreshing Cantaloupe Mint Sorbet in just a few minutes. All you need are a few ingredients.

Ingredients:

- 3 cups frozen cantaloupe chunks
- ½ cup dairy free condensed milk
- 6 mint leaves, crushed

Instructions:

1. Combine the cantaloupe, condensed milk and mint leaves in a blender or food processor and blend until smooth.

2. Pour mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.

Chocolate Banana Sorbet

Yes! You read right, Chocolate Banana Sorbet. Sorbets don't need to be just fruit! Try this decadently creamy chocolate sorbet.

Ingredients:

- 4 cups frozen banana chunks
- ¼ cup unsweetened cocoa powder
- ½ cup dairy free condensed milk

Instructions:

1. Combine all of the ingredients in a blender or food processor and blend until creamy and smooth.

2. You can enjoy immediately or pour into a freezer safe container and freeze for 3 - 4 hours until firm.

Champagne Passion Fruit Sorbet

Having an adult gathering this summer? Well, this should be your go-to treat!

Ingredients:

- 12 passionfruit
- 2 cup of cold champagne
- ½ cup of sugar syrup
- ½ cup of ice

Instructions:

1. Cut passion fruits in half and remove edible centers, including seeds.

2. Add passion fruit flesh, champagne, sugar syrup and ice to a heavy-duty blender or food processor. Blend to combine and until smooth.

3. Pour mixture into a freezer safe container and freeze for 3 - 4 hours before serving.

Passionfruit Tangerine Sorbet

Calling all citrus lovers! This one's for you. A simply tangy and sweet combo that will have you craving more.

Ingredients:

- 12 passionfruit
- ½ cup tangerine juice
- 2 tablespoons lemon juice
- ¼ cup sugar syrup

Instructions:

1. Cut passion fruits in half and remove edible centers, including seeds.

2. Add passion fruit flesh, tangerine juice, lemon juice and sugar syrup to a heavy-duty blender or food processor. Blend to combine and until smooth.

3. Pour mixture into a freezer safe container and freeze for 3 - 4 hours before serving.

Creamy Watermelon Strawberry Sorbet

This Creamy Watermelon Strawberry sorbet's creaminess comes from frozen bananas, so it's great for the fruit lovers.

Ingredients:

- 2 cups frozen watermelons
- 2 cups frozen strawberries
- 1 cup frozen banana chunks
- ½ cup of sugar syrup

Instructions:

1. Combine watermelons, strawberries, banana chunks and sugar syrup in a heavy duty blender or food processor.
2. Blend until smooth.
3. This sorbet can be enjoyed immediately or pour into a freezer safe container and freeze for 3 - 4 hours.

Blackberry Sorbet

All you need to enjoy this sorbet are fresh, juicy summer blackberries, fresh lemon juice, and your homemade sugar syrup. You can freeze the blackberries yourself or use already frozen berries.

Ingredients:

- 5 cups frozen blackberries
- ¼ cup lemon juice
- ¼ cup of sugar syrup
- ¼ cup St. Germain liqueur, optional

Instructions:

1. Combine blackberries, lemon juice, sugar syrup and liqueur if used in a heavy-duty blender or food processor and blend until smooth.

2. You can enjoy this sorbet immediately or pour into a freezer safe container and freeze for 3 - 4 hours, until firm.

Lemon Blood Orange Sorbet

This sorbet's delectable flavor is matched with its gorgeous pink-orange color. Tantalize your taste buds with this enjoyable sorbet.

Ingredients:

- 2 cups cold fresh blood orange juice
- 2 cups cold fresh lemon juice
- 2 cups ice
- ½ cup of sugar syrup

Instructions:

1. Combine blood orange, lemon juice, ice and sugar syrup in a heavy-duty blender or food processor and blend until smooth.

2. Pour this mixture into a freezer safe container and freeze for 3 - 4 hours, until firm.

Citrus-Melon Sorbet

The tasty flavor of cantaloupe is brought out using not one but three different types of citrus. That makes this sorbet super refreshing.

Ingredient:

- 3 cups frozen cantaloupe chunks
- ¼ cup fresh orange juice
- 3 tablespoons lemon juice
- 1 teaspoon lime zest
- 3 tablespoons sugar syrup

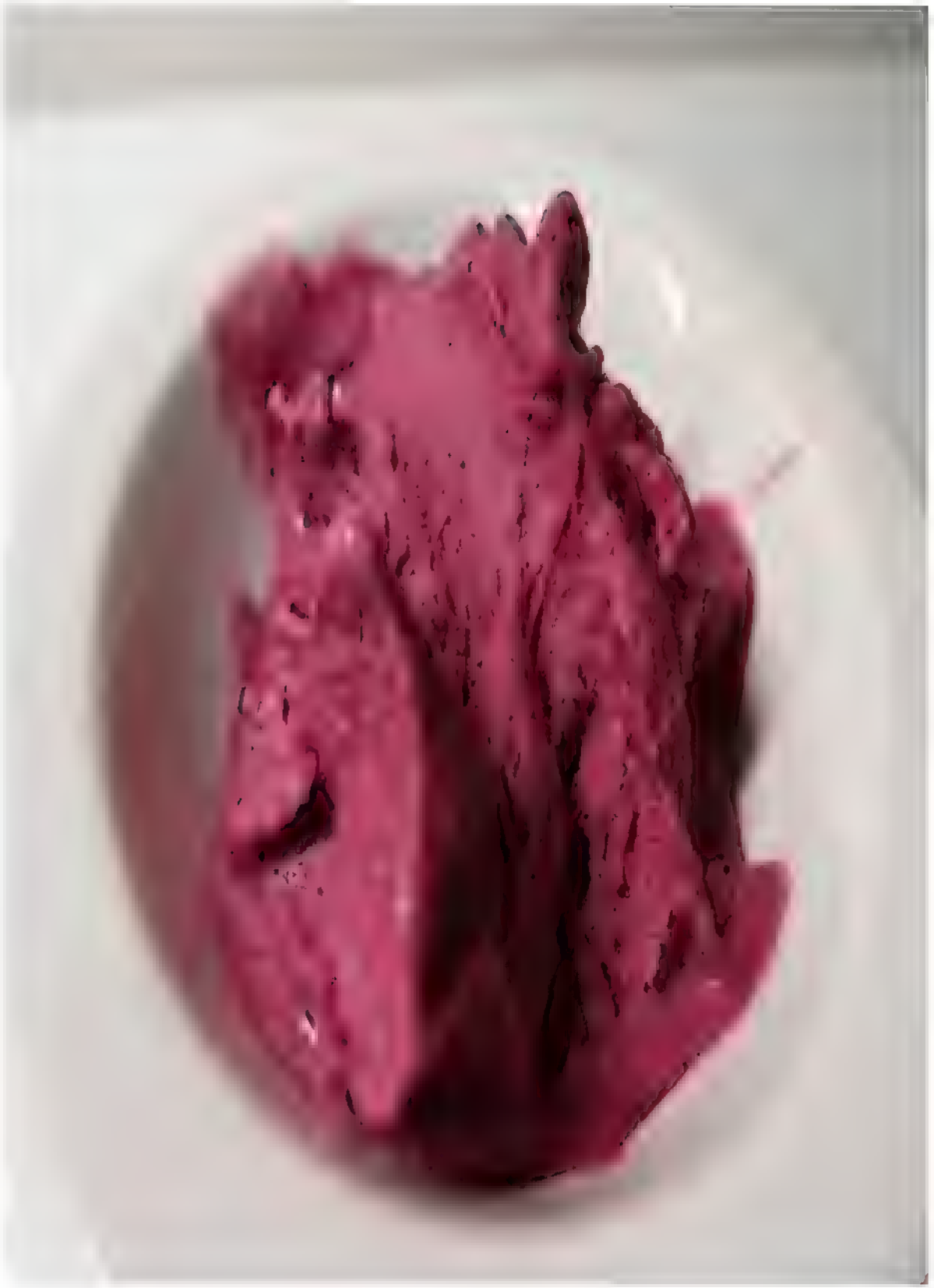
Instructions:

1. Combine cantaloupe, orange juice, lemon juice, lime zest and sugar syrup in a heavy-duty blender or food processor.

2. Blend until well combined and smooth.

3. Pour mixture into a freezer safe container and freeze for 3 - 4 hours, until firm.

Red Wine Blueberry Sorbet



This smooth homemade sorbet is made with a few simple ingredients and is the perfect end to a meal. It's great for the red wine lovers out there.

Ingredients:

- 3 cups of frozen blueberries
- 1 ½ cups chilled red wine
- 2 tablespoons sugar syrup

Instructions:

1. Combine blueberries, red wine and sugar syrup in a blender or food processor and blend until smooth.

2. Pour this mixture into a freezer safe container and freeze for 3 - 4 hours, until firm.

Coconut Ginger Rum Sorbet

This sorbet is so good no one will believe you made this at home. It has the great peppery flavor of ginger, creaminess of coconut, and that special punch of punch.

Ingredients:

- 3 cups of chilled ginger beer
- 2 cups coconut milk
- ¼ cup of dark rum
- ¾ teaspoon salt
- 1 teaspoon lime zest
- 2 tablespoons sugar syrup

Instructions:

1. Combine all of the ingredients in a heavy-duty blender or food processor and blend until smooth.

2. Pour mixture into a freezer safe container and freeze for 3 - 4 hours, until ready to serve.

Red Sangria Sorbet

Mix things up a little at your next summer party with these flavorsome Red Sangria sorbets! For this recipe, I used some of my favorite fruits and red wine.

Ingredients:

- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 cup chilled orange juice
- 1 cup red wine
- 2 tablespoons brandy
- ¼ cup sugar syrup

Instructions:

1. In a heavy-duty blender or food processor, add blueberries, strawberries, orange juice, red wine, brandy and sugar syrup.

2. Blend ingredients until smooth.

3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.

4. Use an ice cream scoop to scoop when ready to serve.

Lemon Plum Sorbet

This delectable sorbet is brightly lemon flavored and is delicious when paired with sweet plums.

Ingredients:

- 16 plums, pitted and peeled
- ¼ cup lemon juice
- 1 tablespoon lemon zest
- ¼ cup sugar syrup

Instructions:

1. In a heavy-duty blender or food processor, add plums, lemon juice, lemon zest and sugar syrup.
2. Blend ingredients until smooth.
3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.
4. Use an ice cream scoop to scoop when ready to serve.

Mango Moscato Sorbet

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This creamy sorbet has a delicious fizzle and flavor from the Moscato used.

Ingredients:

- 4 cups frozen mango chunks
- 1 cup chilled Moscato wine
- 1 tablespoon lime juice
- 3 tablespoons sugar syrup

Instructions:

1. In a heavy-duty blender or food processor, add mango, Moscato, lime juice and sugar syrup.
2. Blend ingredients until smooth.
3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.
4. Use an ice cream scoop to scoop when ready to serve.

Pear Vanilla Sorbet

For this recipe, I definitely recommend using pears that are really ripe for the best flavor.

Ingredients:

- 4 large ripe pears, peeled and cut into chunks
- 1 teaspoon vanilla
- 1 tablespoon lemon juice
- ½ cup water
- ¼ cup sugar syrup

Instructions:

1. In a heavy-duty blender or food processor, add pears, vanilla, lemon juice, water and sugar syrup.

2. Blend ingredients until smooth.

3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.

4. Use an ice cream scoop to scoop when ready to serve.

Honey Nectarine Sorbet

For this sweet sorbet, we replace the sugar syrup with honey. This one is something you'll definitely love!

Ingredients:

- 4 cups frozen nectarine slices
- ¼ cup honey
- ¼ cup water
- 2 tablespoons Grand Marnier, optional

Instructions:

1. In a heavy-duty blender or food processor, add nectarine, honey, water and Grand Marnier, if used.
2. Blend ingredients until smooth.
3. Pour the blended mixture into a freezer safe container and freeze for about 3 - 4 hours, until firm.
4. Use an ice cream scoop to scoop when ready to serve.

Conclusion

And it’s that simple! Take advantage of those ripe and plump summer fruits and turn them into frozen dessert heaven. Now, you’ve mastered these recipes, you can definitely do some mix and matches of your own.

Whenever you don’t have fresh fruits, you can also replace some of them with unsweetened fruit juice. I hope you enjoy!

Author's Afterthoughts

I can't find the perfect words to tell you how grateful I am that you gave this book a chance. I know it must not have been easy seeking this book out and going for it, especially since there are multitudes of materials out there with related content.

You bought the book, but you didn't stop there. You continued, took this journey with me, and read every page back to back. I have to say, you make all this worth it.

I would like to know your thoughts about this book too. Your comments may also help others who are yet to download this book make a decision. What's better than one person reading a book? Two people reading it.

For my new books, follow my author page at http://www.graceberry.net

Thank you,
Grace Berry

About the Author

Grace Berry started as a book reviewer after she graduated from college with a degree in creative writing. Afterward, she worked as an editor for a local magazine. She resigned her post and opted to work as a freelance journalist, writing for newspapers and magazines, online and offline.

On one of such assignments, she wrote content for a food blog – a gig she found interesting. Excited about her discovery, she delved deeper into the food world, rediscovering her concept of food. She took a break from freelancing and sought local restaurateurs and chefs out to gather everything she could about their processes and cooking methods; an encounter she documented and wrote about later.

Grace figured out that she could combine her flair for writing with her newfound love for everything food, so she took a plunge and started writing about recipes and other information related to getting the best from the kitchen to the dining.

Now, she has compiled some of her years of research and experiment into a single volume of work, combining storytelling with factual information. Grace hopes to do more, and maybe start a catering business or a restaurant of her own in the future. At the moment, though, recipe developer and cookbook writer will have to do.

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